



Ian Masterson, 33, a Hakipuu resident and MCB Hawaii lifeguard, warns visitors at Pyramid Rock Beach of dangerous currents along the shoreline, as well as other hazardous conditions to be aware of.

## Lifeguards protect, educate beachgoers, from surf to shore

**Story By Cpl. Michelle M. Dickson**  
Combat Correspondent

**Photos By Kristin Herrick**



Ian Masterson (left), 33, and Brad Akeo, 37, lifeguards at MCB Hawaii, Kaneohe Bay, stay cool in the shade of the guard tower at Pyramid Rock Beach as they keep an eye on beachgoers. Since they spend so much time outdoors, lifeguards make sure they have hats and sunscreen on hand to protect them from the sun's rays.

Every weekend the beaches on base are crowded with service members, families and civilian guests who are all ready to soak up the sun and hit the water. They have the confidence that all is well and they are safe, because lifeguards patrol the beaches, day in and day out. Although lifeguard training is rigorous, civilians and Marines are willing to undergo the challenge to ensure the beaches remain safe.

"Through all the real-life experiences I've had and through all the things I've learned, it's been amazing working here," said Sgt. Rob Martins, an engine mechanic with Marine Aviation Logistics Squadron 24, who has been working as a lifeguard on MCB Hawaii, Kaneohe Bay, for the past six months. "It's a really serious job, but knowing you're here everyday to save people's lives and that you can really make a difference is amazing to me."

The 22-year-old Orlando, Fla. native had not had any prior lifeguard training or experience until he came to Kaneohe Bay but said now that he's worked as a lifeguard, the only truly difficult part for him is leaving the job.

"When I go back to Florida, I definitely want to keep lifeguarding," said the



Above — Ian Masterson, a MCB Hawaii lifeguard, checks a warning sign at Pyramid Rock Beach aboard MCB Hawaii, Kaneohe Bay. Conditions are evaluated each morning to determine which signs need to be posted. Left — Ian Masterson carries essential rescue gear — a radio, rescue tube and fins — as he patrols Pyramid Rock Beach.



Winter Park High School graduate. "It's just something that once I started it, I don't want to give it up."

There are currently 14 life guards that service K-Bay who have gone

through a rigorous 40-hour training program that was designed by Jeff Barbieto, ocean lifeguard trainer. The training involves first aid, CPR, treating wounds, basic rescue skills, and oxygen transmission — among a variety of other skills that must

*See LIFEGUARD, B-4*



From the lifeguard tower, MCB Hawaii lifeguards have an unobstructed view of the beach and ocean waters, allowing them to respond quickly should someone require help immediately.



# Easter brunches sure to fill up quickly

K-Bay clubs offer menu selections sure to whet appetites

**Yibeli Galindo-Baird**  
*MCCS Marketing*

Chocolate eggs, flowered dresses, ducks and bunnies, suits and ties ... all symbols of one of the most anticipated celebrations of spring — Easter. And there is no better way to celebrate this family-focused gathering than by feasting on one of the tasty brunches offered by The Officers' Club or the Staff NCO Club.

If you are craving waffles, hot cakes, omelets or prime rib, wear your Sunday best to The Officer's Club for their Easter Sunday Brunch. The club will open its doors on Sunday at 8:30 a.m. for the first seating with the last seating at 1 p.m.

The menu will include both cold and hot items that are sure to tantalize the most selective tastes.

For example, offered on the cold menu are dishes such as potato salad, crab and broccoli salad, peel-and-eat shrimp and assorted island-style poke.

For those yearning for a hot meal, the menu offers crispy honey-cured bacon, seafood Tahitian, country-

style mashed potatoes and braised pork with green peas for a meal to remember. For those with a sweet tooth and a little room for dessert, enjoy assorted breakfast pies, cakes and an ice cream bar.

Members pay \$24 and nonmembers pay \$27.50, with champagne for an additional \$3. Children ages 6 through 12 pay only \$12. Be sure to book your table early by calling 254-7650 as reservations are required and the event tends to fill up quickly.

The Staff NCO Club, never to be outdone, is offering an Easter Seafood Brunch worthy of the drive out. Also on Sunday, staff NCOs and their family members can delight themselves in the elegant ambiance and delectable cuisine that the club will offer from 9 a.m. to 1 p.m. Also featuring hot and cold selections to be topped off with dessert, the menu will be a celebration to all the senses and a treat to seafood lovers.

The hot entrées are far from the usual surf and turf. The offerings feature snow crab legs with drawn butter, Chinatown mahi-mahi, Portuguese sausage and an omelet

station with skillfully prepared eggs by the chef.

On the cold side, the selections promise to leave patrons shivering with satisfaction. Among the most popular items are the shrimp cocktail, lomi lomi salmon, marinated mushroom salad and assorted fresh fruit.

Those looking for a treat to end the celebration will be pleased to find an assortment of Danish pastries, muffins, cheese, and chocolate and haupia cakes among many other sweet selections that will tickle your palate.

In addition to the buffet, the Staff NCO Club will feature live music and a bouncy house for the children. The latter will certainly come in handy after the sugar intake. Members pay \$19.95 and nonmembers pay \$24.95, with champagne for an additional \$3. Reservations are also required for this usually packed event, so call 254-5481 today to reserve your place.

Still hungry? The beauty of buffets is that you can always come back for seconds, thirds, or even fourths and with menus such as these, you



Photo Courtesy of MCCS Marketing

**Officers and their families can enjoy an Easter buffet with more than 20 menu items from which to choose. Both officers and staff non-commissioned officers can bring their families to their respective club's Easter brunches Sunday.**

won't want to miss this once-a-year event. After all, that's the reason why Claes Fornell International, in their Fall 2004 Associate and Customer Satisfaction Survey Results,

rated MCB Hawaii clubs with Best in Food Quality in the Marine Corps.

For more information, contact The Officers' Club at 254-7650 or the Staff NCO Club at 254-5481.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

## Possibilities in Paradise

**Kahuna's Bar & Grill**  
254-7660/7661

**Live Entertainment Rocks Kahuna's** — Come to the club tonight for what should, by now, have become a fun-seekers tradition: live bands starting at 10 p.m. on Fridays. Tonight, the sounds of One World Tribe will be rocking the house.

**Play Texas Hold'em** — If you can turn the art of bluffing into a science, then you need to be at Kahuna's on Saturday for another exciting round of Texas Hold'em. This poker variation has taken the

base by storm but only one can take the prize ... by bluffing!

The buy-in for E-5s and below is only \$5. Kahuna's is always looking for volunteer dealers who will receive a free meal and a Kahuna's T-shirt for their services. Doors open at 5:30 p.m. and the game begins at 6 p.m.

**Hot Country Nights at Kahuna's** — If you like country, then you'll love the boot-scootin' boogie tunes that DJ Charlie Garrett will be spinning, Wednesday, starting at 6 p.m. For a little more blood-pumping action, ride the mechanical bull. It's the only way to do country on base.

**All Hands**

**Mega Video Blow Out Sale** — If you've been waiting for the right time to stock up your DVD and VHS library, this is the day you've been

waiting for. Only on Saturday, will Mega Video deeply discount all previously viewed titles at prices you won't believe.

Doors will be open from 10 a.m. to 11 p.m., so come early for the best selection as quantities are limited.

**Spouses Learning Series** — Join spouses from across MCB Hawaii for the "Follow Your Dreams While You Follow the Military" workshop, March 31 from 8 a.m. until 2:30 p.m. at The Officers' Club Lanai Ballroom. Seats are still available, and this workshop is open to all spouses. To reserve your spot, call Marine Corps Family Team Building at 257-7777.

**Teddy Bear Round-Up** — In preparation for Child Abuse Prevention month in April, bring your new or gently used Teddy bears and other stuffed animals to Counseling Services and other locations on base so that they can be donated to Prevent Child Abuse's

Eighth Teddy Bear Round-Up in Hawaii.

Donations will also be accepted at the round-up at the Pearlridge Center, Uptown, Center Stage from 10 a.m. to 2 p.m. on April 2.

**Ongoing**

**Discount at Fairways Sports Bar and Grill for Staff NCO Members** — The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways is now offering reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days.

Remember to show your valid membership card to activate your discount.

For more details, call 254-5481.

**ITT offers tickets to Drifters Concert** — Drifters fans will be pleased to know that VIP seating

tickets are available at Information, Tickets & Tours at the price of only \$40, a \$5 savings over off-base retail outlets. Tickets are only available for the April 10 performance and are in limited supply.

To take advantage of this rare opportunity, call ITT at 254-7563.

**Storage Lockers at Kaneohe Bay Reservations** — Locker reservations are being accepted — now that the new reservation system has been installed.

Have your credit card information ready when calling for pricing, unit size and additional reservations requirements. Call The Lodge at 254-2806 to reserve your unit today.

**Salsa Lessons** — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m., and you will be set to hit the town. Lessons are \$2.

For more details, call 254-7660.

SM&SP

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [mccshawaii.com](http://mccshawaii.com) under the "Semper Fitness" icon, or call 254-7593.

**Dodgeball Tournament:** Teams of six are invited to the SM&SP Dodgeball Tournament, held April 15 at Camp Smith and April 16 at Kaneohe Bay. Players will follow National Amateur Dodgeball Association Rules. These tournaments are absolutely free and open to all E-5 and below. Call the SM&SP Office for further information at 254-7593.

**Paintball Tournament:** Pin them down with paintballs at the SM&SP Paintball Tournament, April 30 at MCB Hawaii's Paintball Hawaii, located near the Lemon Lot. Fees are \$20 for those who have equipment, \$30 for those needing to rent equipment, a \$20 all-day-air fee and a \$55 fee per five-player team.

**SM&SP Benefits**

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- Inflatable Game Rentals:** Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.



## Happy hunting

Left — Olivia Eagle, the 3-and-a-half year old daughter of Jhylia Eagle, presents her basket of Easter eggs to the Easter Bunny, who happened to be in the neighborhood when VP-4 family members decided to have their Easter-Egg Hunt and Family Day near Riseley Field, Saturday.

Above — Family members from VP-4 gather to pose for a photograph with the Easter Bunny, Saturday, as they enjoyed an Easter-Egg Hunt and Family Day at Riseley Field. With most of their husbands currently deployed, the VP-4 spouses ensured their childrens' baskets and bellies were filled with Easter delights.

Photos By Sgt. Joseph A. Lee

MOVIE TIME

**Prices:** Prices for 7:15 shows are \$3 for adults, children 12 and older, \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Prices for evening, Wednesday, Sunday and late shows Friday and Saturdays are \$2 for adults, \$1.50 for children. Children 5 and younger are always free. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Show your ID card at the box office.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

**Call 254-7642 for recorded information.**

Boogeyman (PG-13)	Today at 7:15 p.m.
The Wedding Date (PG-13)	Today at 9:45 p.m.
Hide and Seek (R)	Saturday at 7:15 p.m.
Sideways (R)	Saturday at 9:45 p.m.
Are We There Yet? (PG)	Sunday at 2 p.m.
The Wedding Date (PG-13)	Sunday at 6:30 p.m.
Sideways (R)	Wednesday at 6:30 p.m.
Pooh's Heffalump Movie (G)	Friday at 7:15 p.m.
Alone in the Dark (R)	Friday at 9:45 p.m.





Kristin Herrick

## Traffic jammer

ATAN Dario I. Moran, a Northridge, Calif. native, strums his guitar during a break from duty at the flightline aboard MCB Hawaii, Kaneohe Bay. Moran, who has been playing for eight years, started strumming after he found a guitar in his closet. The 21-year-old Sailor hopes to join a band in the near future.

### quotable

He who never made a mistake never made a discovery.

— Samuel Smiles

### Deployment

# Home in thirty days but who’s counting

Month prior to return can be most nerve-wracking on spouses

**Michele Adams-Thompson**  
*Hawaii Army Weekly*

*Part 2 of a 9-part series*

Anyone else feeling reality bite you in the okole to read this headline? The month before the Marine or Sailor gets his or her boots on home ground is its own special phase of the emotional cycle we go through during a deployment. Now is the time to take a few notes on how to do this as best we can from the many, many military families who’ve traversed this tricky terrain before us. We’re lucky to have the benefit of their experience at our fingertips and it’s just crazy not to pay attention to what they have to tell us.

No one is surprised that this last month is full of excitement and anticipation — the kind that keeps you a little “smiley-faced” inside and out. That’s the face we all put on, isn’t it? We don’t usually go around being too transparent about our doubts. And that’s just the thing here: Everyone has them. These are those little niggling thoughts that tug at the edges of our heart — sometimes lingering, sometimes leaving as quickly as they came, hardly giving us a chance to notice them. But though they may be fleeting, they are there and we don’t have to hide from them. It is natural to wonder how learning to live apart for numerous months is going to have changed our spouse, our relationship or our selves. Some hesitation and nervousness alongside the excitement and spine-tingling anticipation are all part of the mix of normal emotions felt during this last month and we breathe easier knowing this up front.

We’ve grown and developed a stronger sense of our selves during this deployment, and our Marine or Sailor has too. We wonder if he or she will like how we’ve done things or if they’ll really understand the changes we’ve needed to make. Our Marine or Sailor is wondering if we’re still proud of him or her and what we expect from them when they get back to the home front. They may think “Do they still want me or need me like they used to?” Maybe we are wondering what he or she will think of the way we do this or that little thing now? There are many common questions that may flow through your mind. Will she think I’ve saved enough of the extra money? Will I have to give up my newfound independence? Is there a way to find a “new normal” for us that

means we both have new roles in our life that we can explore and grow with from here?

Healthy people cannot keep from some level of personal change and growth in so many month’s time. Knowing we’ve changed, it’s also normal to wonder how the relationship will flow back together again. Some people who were struggling in their relationship prior to the deployment have the idea that maybe the separation will “some-how” magically help. It won’t, so get your mind around this now. If your relationship needed work before the deployment, that work will still be waiting for you at the end of it. Deployments don’t magically “fix” unhappy marriages nor do they “automatically” hurt solid ones. The issues that were brewing when your Marine or Sailor left have had more time to foment. Being realistic about relationship issues will help you both move forward to resolve them. The risk of sticking your head in the sand is that it can get stuck there. Instead, watch for ways to come to terms — with-in yourself — with the issues facing you and your spouse. Defining what’s going on can be the very first step to a new, healthier resolution of your issues.

Here’s another note to take from those among us who’ve done this already: The decision-making gets suddenly more difficult the last month out. Yes, all of a sudden we realize that the things we are deciding today will be completely obvious to our Marine or Sailor when he or she is home next month. It’s not that we were ignoring this throughout the deployment, but, that our focus in the middle of this experience is different from our focus in the final stages. My husband finds spending time in the yard to be a kind of rejuvenating, recreational therapy. I’ll tell you right up from that this idea is somewhat mysterious to me. While he’s been gone, I’ve done well to keep the Hawaiian rain forest around my quarters beat back enough so that the humans and canines that live here can get in and out of the doors as needed. That’s worked for me just fine, as I haven’t received even one notice from the installation that my yard was unacceptably overgrown. But once I realize he’ll be eyeballing this yard very soon now, it starts looking different to me somehow. And looking at it now, I’m thinking I had better wrap up this column and get out the hedge trimmer today.

Which brings me nicely to my final comment on what many call the “30 Day Out Burst of Energy” phase. Yes, all that weight we were going to lose, all the boxes we were going to finally go through, all the special projects we were going to take up — it’s down to the wire now and this month gets top billing for being a crazy-busy

*See RETURN, B-5*



Women’s History Month

Women viewed as positive role models

Editor’s note: History records the date of Aug. 13, 1918 as the day that women first joined the ranks of “the few and the proud,” with the enlistment of Pvt. Opha Mae Johnson. Since then, women Marines have made countless contributions to the Marine Corps and

**Lance Cpl. Casey Shapiro**  
Engineer Company

Recognized for her exemplary judgment, discipline, bearing and demeanor, both on and off duty.

Lance Cpl. Casey Shapiro joined the Marine Corps on April 23, 2002 from Rochester, N.Y., and reported to Combat Service Support Group 3 on Oct. 28, 2002 as a 1391/bulk fueler. During her tour with the CSSG-3, she has deployed in support of several exercises to various locations such as Thailand, Korea, and Hawaii.

She also holds the collateral duty as the Marine Corps Integrated Materiel Management System non-commissioned officer for Utilities Platoon.

Lance Cpl. Shapiro has served as a role model for the Marines of Engineer Company.



Cpl. Justin D. Hahn  
SHAPIRO

to the nation that deserve recognition.

During Woman’s History Month, the month designated to celebrate and recognize the contributions that women have made to our nation, Combat Service Support Group 3 recognizes the contributions

**HN Crystal Cooper**  
Medical Company

Recognized for her medical expertise and concern for the welfare of others.

Hospital Corpsman Crystal Cooper is from Houston, Texas, and has been in the Navy since December of 2002. Cooper is a Corpsman with Combat Service Support Group 3, Medical Company, and works at the Group Aid Station. She provides patient care and immunizations for CSSG-3.

Marines and Sailors in garrison and medical coverage on deployments. She recently improved administrative aid station policies which resulted in better and faster patient care and reporting accuracy.



Cpl. Justin D. Hahn  
COOPER

female service members and civilians assigned to Marine Corps Base Hawaii, Kaneohe Bay.

**Melody Michaelson**  
1st Battalion

Melody Michaelson serves as the 1st Battalion, 3rd Marine Regiment Key Volunteer Coordinator with exceptional dedication.

She has planned and coordinated events for, and provided timely information to families of deployed Marines to keep spouses informed and to serve as a referral source for problems that have surfaced while her husband, Staff Sgt. Andrew Michaelson, and the rest of the military members are deployed, often helping spouses cope through tumultuous times.

Michaelson is recognized for her unsurpassed dedication to the families of 1/3 Marines and exemplifies what it is to be a military spouse; she is truly “married to the Corps.”



Photo Courtesy of Melody Michaelson  
MICHAELSON



Ian Masterson patrols Pyramid Rock Beach using an all-terrain vehicle, making sure beachgoers are safe. The avid surfer said the safest part of the beach for swimming is to the left of the guard tower.

LIFEGUARD, From B-1

be mastered. The trainees are provided the information and taught skills that will help them answer any kind of water emergency, said

Barbieto.

At the conclusion of the course, the trainees hit the beach for more training.

“During the beach-training portion — it’s pretty rigorous,” said

Patti Elmiger, a lifeguard instructor at K-Bay, originally from Summit, N.J. “It’s a lot of endurance swimming, team-building skills, carrying multiple victims, ATV training, safety contacts, self-defense against sharks, search and rescue recovery — and the list goes on.”

The beach training is one month long, so the trainees are constantly moving to be successful, said Elmiger. Students are trained to understand and have basic knowledge of the ocean, according to the University of Redlands, Calif. graduate.

“It’s hard, but I love it. I’ve been a lifeguard for eleven years and I don’t know what it is ... I just

have a passion for the water.”

Jason Randle is a 25-year-old Kailua, native who is also a lifeguard on base. He thinks the hardest part of the job is trying to keep everyone safe and trying to keep beach goers

aware of the dangers of the water.

“A lot of the people we deal with on the beach are like tourists so it kind of makes it more stressful,” said the University of Hawaii graduate. “There are a lot of inexperienced people out there who aren’t really aware of how dangerous the ocean can be.”

Signs and flags are posted along the beach by the lifeguards, daily, to alert beachgoers of any dangers or hazards. There used to be a series of flags, each with a different purpose that warned swimmers about the surf conditions. Now there are only two flags. Also, when the lifeguards are off duty, at 6:00 p.m., people must then “swim at their own risk.”

The lifeguards want to stress to beachgoers that they should check in with the lifeguards before getting in the water, and to read all of the signs that are posted on the beach in order to prevent possible injuries.

“Our main objective is keeping the military, their families and civilians safe on the beach,” said Randle. “It’s tough at times, but I think overall we’re doing a pretty good job.”

Here’s A Sobering Thought

Even a little alcohol can affect your judgment, balance and coordination. Play it safe. Don’t start drinking until you’ve finished riding.



(800) 446-9227  
www.msf-usa.org



# Civilians sign up to pal with troops

**Sgt. Mike Camacho**  
*MCB Camp Butler*

**MARINE CORPS BASE CAMP BUTLER, OKINAWA, Japan** — Hundreds of devoted and benevolent Americans are signing up to become volunteer pen pals for a program created to show support to Marines either deployed or stationed outside the United States.

The program, aimed at assisting those who want to show their support to the troops, links Marines with pen pals through e-mail and benefits both the Marine and pen pal.

“In Fallujah [Iraq], many Marines didn’t feel that the majority of the American people were behind them,” said Staff Sgt. Stacey Henderson, traffic management chief, Headquarters and Service Battalion, Marine Corps Base Camp Butler, who recently returned from deployment. “While most of them received mail from family members and friends, something like this pen pal program could really give them that missing piece of support not seen or felt.”

The service is completely free to all parties, and registration is simple. Interested Marines can register by submitting their information on the pen pal Web site at [www.blackbeltacademy.biz/usmc/marines/index.cfm](http://www.blackbeltacademy.biz/usmc/marines/index.cfm).

For those wanting to sign up to become pen pals with Marines, the process is the same except they will log in to a different Web address. Volunteers can sign up at [www.blackbeltacademy.biz/usmc/volunteers/index.cfm](http://www.blackbeltacademy.biz/usmc/volunteers/index.cfm).

After registering, an automatic confirmation e-mail will be delivered with the name and e-mail address of the pen pal.

The program originated at NASA as an unofficial effort to support one Marine unit, Marine Attack Squadron-542, 2nd Marine Aircraft Wing. The program quickly grew and is now available to all Marines deployed or stationed overseas.

Compassionate stories have emerged of



Sgt. Mike Camacho

**Lance Cpl. Padgett E. Vergabay, clerk with Camp Services aboard Camp Kinser, found the pen pal program’s Web site easy to use. Any Marine deployed or stationed overseas can sign up for an electronic pen pal.**

many volunteers’ kindheartedness.

For example, one deployed Marine wrote how she was upset about not being home for her daughter’s birthday. The Marine’s pen pal quickly led other generous and patriotic Americans to commence Operation Birthday and had birthday presents delivered to the Marine’s daughter.

There have been other cases of the program helping Marines with local needs in Iraq and other places around the world.

For more information or comments, e-mail [info@clearlaketaekwondo.com](mailto:info@clearlaketaekwondo.com).

## RETURN, From B-3

month of sheer frenzy. This might not be a bad thing as long as you remember that the last thing you want is to be utterly worn out when you meet him or her on homecoming day. So pace yourself! Some of the things you planned to do may just have to wait for the next deployment — they promise more of them, you know. In the meantime, don’t make the mistake of ruining the happy ending to this one by wearing yourself out before his boots hit the home ground. Hmmm, maybe I’ll just make sure the trimming and edging are done and leave the tree felling to the experts.

We have lots more good help being offered to you here in our own community and online. For more assistance regarding your resources, contact Marine and Family Services at 257-7787 or contact MCCS One Source at [www.mccsonesource.com](http://www.mccsonesource.com) or (800) 433-6868.

MAKE-A-WISH®

Share the Power of a Wish.  
[www.wish.org](http://www.wish.org) (800) 722-WISH  
Make-A-Wish Foundation® is a CFC participant.  
Provided as a public service.

## Here’s a Sobering Thought

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don’t start drinking until you’ve finished riding.

(800) 446-9227 • [www.msf-usa.org](http://www.msf-usa.org)



# Word to Pass

**CVIC Recommends Taking Promotion Photos Early**  
If you are in need of a promotion photo from CVIC, the studio hours are Mondays, Wednesdays and Fridays from 7:30 to 11 a.m.

A high volume of promotion photo requests are expected, due to the Gunnery Sergeant Selection Board, so get in early to ensure your photo gets into your official military personnel file in a timely manner. Photos will be taken on a walk-in basis only, and changing rooms are available.

Commands are recommended to screen their Marines prior to having their photos taken. If you do not meet the Marine Corps height/weight standards, a letter from your commanding officer, executive officer or sgt. maj. is required.

In accordance with MARADMIN 463/01, photos will not be printed or e-mailed in order to avoid duplicate copies sent to the Personal Management Support Branch.

Photos will be uploaded in front of you so you can verify that it has been sent to MMSB.

It takes approximately 24 to 48 hours for your photo to post on the MMSB Web site. To confirm the receipt of your photo, visit <https://www.mmsb.usmc.mil> or contact MMSB-20 at DSN 278-4607/3974/5671, commercial (703) 784-4607/3974/5671.

CVIC is not responsible for inputting photos into your official military personnel file; that is MMSB's responsibility. Marines are encouraged to check his/her OMPF before the board convenes.

**Thrift Shop Announces Upcoming Sales**  
For the entire month of March, all military uniform pieces are \$1 each.

*Today:* Sporting goods and luggage will be 50-percent off.

*April 2:* Everything will be 50-percent off for the store's 50th Anniversary sale.

Note: All sales exclude consignment items.

The new AESC Thrift Shop hours are Mondays from 10 a.m. to 4 p.m., Tuesdays from 11 a.m. to 5 p.m., closed on Wednesdays, Thursdays from 11 a.m. to 5 p.m., Fridays from 10 a.m. to 4 p.m., and payday Saturdays from 10 a.m. to 2 p.m.

The Thrift Shop has a new drop-off point for donations. The new donation building is located in the driveway just past the Thrift Shop parking lot, along 3rd Street. Follow the signs. The Thrift Shop accepts only items in good, clean and proper working condition. The Thrift Shop does not accept mattresses, box springs, bed pillows and anything flammable — including propane tanks — and does not have a way to dispose of these items.

For more details, visit the Thrift Shop, Pless Hall, Building 212, or call 254-0841.

**Volunteers Wanted for Coconut Island Clean Up**  
All are invited to help “clean the beach,” on Coconut Island, April 2.

Volunteers will be picked up at the MCB Hawaii Marina at 7:45 a.m., taken to Coconut Island and returned to the Marina at 1:30 p.m. Lunch and drinks will be provided.

Tide will be low at noon, so swimming in the saltwater pool will not be at its best but will still be available. Children, under the supervision of Julie Thurston, will clean the beach while adults will clear brush from the island.

Remember to wear appropriate clothing; i.e., long-sleeve shirt and closed-toe shoes. If possible, please bring a machete. To volunteer, contact Jim Lakey at [lakey@hawaii.edu](mailto:lakey@hawaii.edu)

**Rubber Duckies Come Out of Hibernation**

The 20,000 rubber duckies that race each year in United Cerebral Palsy's Great Hawaiian Rubber Duckie Race are officially out of storage and ready for adoption. This year's race is scheduled for April 2.

Duckies and friends will take on the challenges of the Ala Wai Canal, starting at the Kalakaua Avenue Bridge. There will be pre-race festivities from 9 a.m. to 12 p.m. at the McCully Shopping Center. Participants will enjoy children's games, live entertainment and a duckie store. At 12:30 p.m. festivities include “Hawaii's Shortest Duck Parade,” which begins at McCully Shopping Center and ends at the Kalakaua Avenue bridge. The actual “Duckie Race” kicks off at 1:18 p.m. There will be an awards ceremony for both winning duckies and their adopted owners at the conclusion of the race.

Ducks may be adopted at any Sizzler Restaurant or Blockbuster video store. Additionally, individuals may call the duck hotline at 532-6744 or go online at

[www.ucpahi.org](http://www.ucpahi.org) to adopt a duck. On-street parking will be available as well as parking at neighboring parks. All proceeds from the event stay in the islands to help support Life Without Limits for people with disabilities.

**Museum Invites Community to be a Scientific Investigator**

On April 9, from 12 to 9 p.m., Bishop Museum will bring the facts and mysteries of science alive in their first “Mad About Science Festival.” Through hands-on activities, experiments, and entertaining shows, children of all ages will learn more about the world of geology, archeology, biology, botany, ecology and more.

With dozens of festivities to choose from, children will be able to act like inquiring scientists as they conduct experiments. Be a “doctor-detective” and conduct medical investigations at the Medical Mystery Festival. Experience how astronauts live and work in a space station through the Space Station Wonders activities. When the sun sets, children will be able to enjoy an evening of stargazing and galactic fun. Kids will also be able to participate in the “Who Wants to be an Astronaut” game show and take a guided tour of Bishop Museum's natural science collection filled with bugs, birds, and more.

Entry is \$3 for kamaaina and military, and free for Bishop Museum members and children under age 3. For additional information about Bishop Museum programming, call 847-3511 or visit their Web site at [www.bishopmuseum.org](http://www.bishopmuseum.org).

**Humane Society Seeks Pet Photographs for 2006 Calendar**

Hawaiian Humane Society is looking for photographs for the “Pets in Paradise 2006 Calendar.” A panel of judges from the Humane Society will select the cover pet and top 12 picks to represent each month of 2006, with a collage of these 12 on the reverse side of the calendar. Enter by downloading an entry form

See WTP, B-7

# On the Menu

## AT ANDERSON HALL

**Today**  
*Lunch*  
Seafood Platter  
—Fried Fish Nuggets  
—Fried Shrimp  
—Fried Scallops  
—Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni and Cheese  
Simmered Asparagus  
Italian Mixed Vegetables  
Chewy Nut Bar  
Yellow Layered Cake  
Fruit Pies

*Dinner*  
Roast Pork Loin  
Barbecued Chicken  
Mashed Potatoes  
Wild Rice  
Corn on the Cob  
Chewy Nut Bar  
Yellow Layered Cake  
Fruit Pies

*Specialty Bar*  
Pasta Bar

**Saturday**  
*Brunch/Dinner*  
Herbed Rock Cornish Hens  
Grilled Strip Loin Steak  
Rice Pilaf  
Mashed Potatoes  
Herbed Green Beans  
Simmered Carrots  
Broccoli  
Brown Gravy  
Chicken Gravy  
Applesauce Cake

**Sunday**  
*Brunch/Dinner*  
Yankee Pot Roast  
Baked Ham  
Mashed Potatoes  
Candied Sweet Potatoes

Simmered Mixed Vegetables  
Simmered Pinto Beans  
Chocolate Layered Cake  
Fruit Pies

**Monday**  
*Lunch*  
Baked Meatloaf  
Creole Pork Chops  
Mashed Potatoes  
Noodles Jefferson  
Boston Baked Beans  
Apple Crisp  
Chocolate Chip Cookies  
Fruit Pies

*Dinner*  
Baked Turkey and Noodles  
Baked Fresh Fish  
Steamed Rice  
Simmered Corn  
Apple Crisp  
Chocolate Chip Cookies  
Fruit Pies

*Specialty Bar*  
Pasta Bar

**Tuesday**  
*Lunch*  
Beef Sukiyaki  
Pork Chop Suey  
Egg Foo Young  
Chinese Fried Egg Roll  
Chicken Fried Rice  
Vegetable Stir Fry  
Chocolate Pudding  
Fruit Pies

*Dinner*  
Creole Macaroni  
Honey Ginger  
Chicken Breasts  
Mashed Potatoes  
Noodles Jefferson  
Cauliflower Au Gratin  
Chocolate Pudding  
Fruit Pies

*Specialty Bar*  
Taco Bar

**Wednesday**  
*Lunch*  
Barbecue Spareribs  
Country Style Steak  
Red Beans and Rice  
Mashed Potatoes  
Southern Style  
Collard Greens  
Oatmeal Cookies  
Fruit Pies

*Dinner*  
Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes  
Southern Style Squash  
Brownies  
Fruit Pies

*Specialty Bar*  
Hot Dog Bar

**Thursday**  
*Lunch*  
Baked Lasagna  
Veal Parmesan  
Mashed Potatoes  
Italian Mixed Vegetables  
Garlic Toast  
Brownies  
Fruit Pies

*Dinner*  
Chicken Vega  
Simmered Corned Beef  
Parsley Buttered Potatoes  
Buttered Egg Noodles  
Simmered Carrots  
Oatmeal Cookies  
Fruit Pies

*Specialty Bar*  
Taco Bar

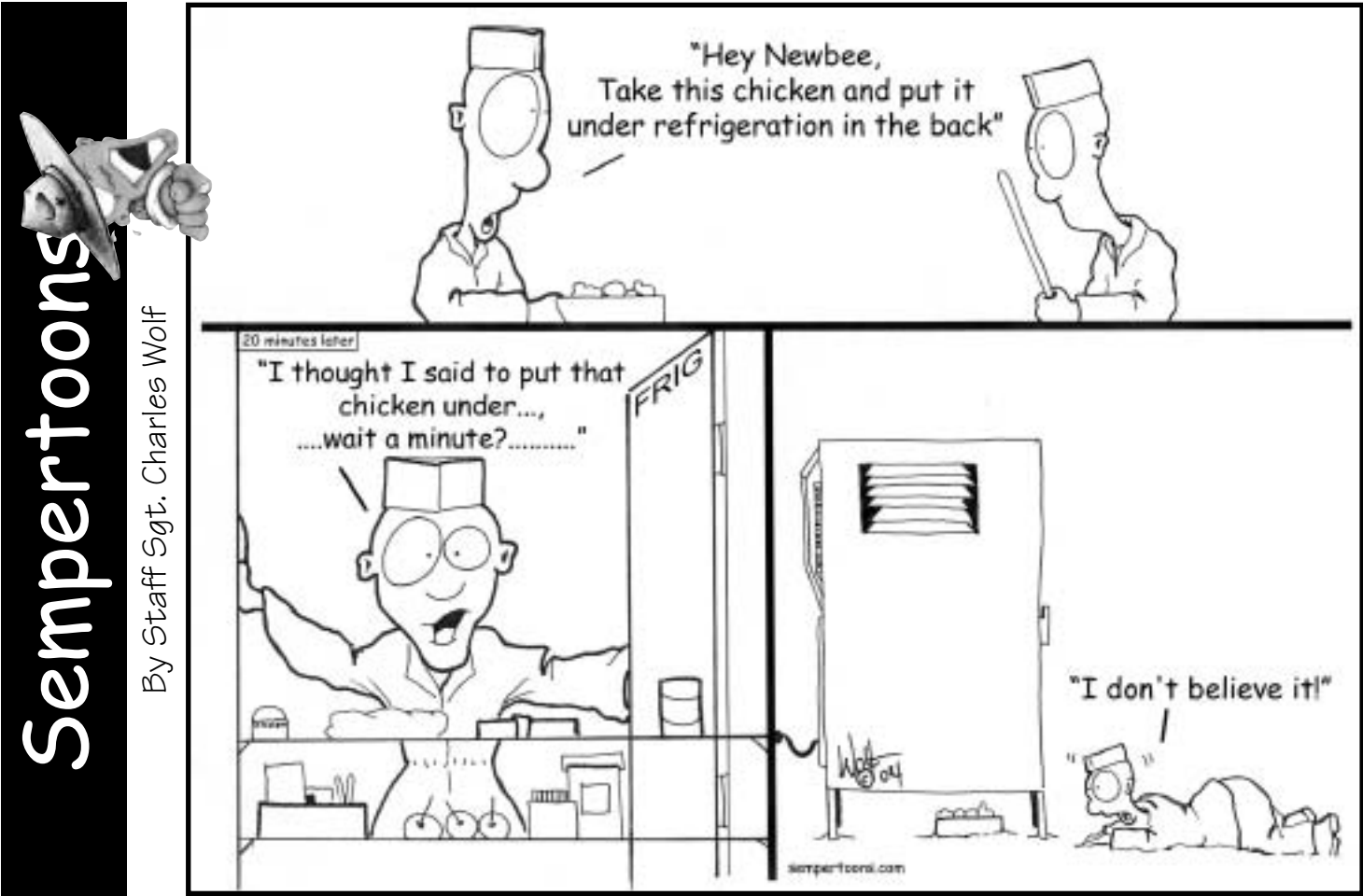


WTP, From B-6

from [www.hawaiianhumane.org](http://www.hawaiianhumane.org) — news event section — or call 946-2187 ext. 225. Only printed horizontal color photographs, with only pets in the photograph, will be considered for the calendar. Polaroids, disks, submissions by e-mail or computer-generated photographs printed on plain paper will not be considered. Photographs will not be returned and must be accompanied by a \$15 per photo entry fee, which is nonrefundable. On the back of each photo, entrants must include the following information on a removable note: entrant's name, name of pet, daytime telephone number. Do not write directly on the photo's surface.

Send original photographs to: Pets in Paradise Calendar, Hawaii Humane Society, 2700 Waialae Avenue, Honolulu, HI 86826. Entries must be received no later than May 31. For more information, log on to the Humane Society's Web site or call their office at 946-2187. Pet of the Month winners will be notified by mail in July. The 2006 calendar will be available in August 2005. Funds raised by entry fees and calendar sales support the Hawaiian Humane Society, which protects animals from abuse, places homeless animals with families, and teaches children about compassion for animals.

**USS Missouri Memorial Association Invites Public to View War Film** The USS Missouri Memorial Association, Inc., in partnership with the Hawaii International Film Festival, invites filmmakers to explore the cultural and societal effects of war through the "Lessons of War," a special focus film series of the HIFF Spring Showcase, presented by Commercial Data Systems. The showcase takes place at the Dole Cannery Stadium 18 from Friday through April 7. For ticket or film information, call 528-FILM (3456), ext. 40, or log on to [www.hiff.org](http://www.hiff.org). For information about the Battleship Missouri Memorial, call 423-2263, (877) MIGHTYMO or visit [www.ussmissouri.org](http://www.ussmissouri.org).



MARINE  
MAKEPONO

HAWAIIAN FOR  
“MARINE BARGAINS”

**Automobiles**  
**'85 Porsche 944**, new tires, clutch, transmission, power-steering pump, front shocks, very fast and loud, headers, exhaust, throttle cam, chip. Asking \$4,500 OBO. Call P.J. at 230-4162.  
**'02 Ford Focus ZX5**, white, four-door, moon roof, six-CD changer, in good condition, 35,500 miles. Asking \$9,000 or take over payments. Call 391-9229.

**Motorcycles**  
**'02 Harley Davidson Sportster 882**, new bike with less than 75 miles, always garaged and ready to ride. Asking \$7,000, firm. Call 384-3643 or 486-0130.

**Miscellaneous**  
**BF Goodrich tires (4)**, 31" x 10.5" x 15" long trail t/a, with 80 to 85 percent of tread left. Great tires off a Jeep. Comes with a Laredo spare of the same size and a 15" x 8" rim. Asking \$400 OBO. Call 368-2646.  
**St. Anthony's School uniform**, child's size large. Asking \$20. Call 262-8789.  
**Tramper SL 12.5' two-man kayak**, 25-pound, heavy-duty inflatable, 2.5' beam. List price \$1,259, but asking \$150. No paddles or seat backs included. Call Earl Handy at MCCS Marina at 254-7667.  
**Used washer/dryer set**, \$100, available Wednesday; like new A/Cs, less than 1 year old, available Wednesday, call for price; high chair, \$10; life jackets, \$10; diaper bag, \$10, booster seat, \$10; lots of toys, books, Little Tikes, basketball net and more. Call Diana at 254-1214 or 772-0341.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues, on a space available basis. The deadline for submitting ads is 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in building 216 aboard Kaneohe Bay. To renew an ad or for more information, call 257-8837.